



NEWS RELEASE

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TABITHA HONORED FOR ESTABLISHING LACTATION ROOM

Breastfeeding: Healthy Kids 2010, a community work group, is pleased to honor Tabitha Health Care Services for their corporate leadership in establishing an employee lactation room. According to Breastfeeding: Healthy Kids 2010 member, Ann Seacrest, a registered nurse and board certified lactation consultant, women returning to work outside the home face challenges-unless their employers understand the value of feeding human infants human milk.

According to Ms. Seacrest, "The U.S. Surgeon General and the American Academy of Pediatrics both call for a united front from our community. Feeding our infants human milk protects their health and promotes brain development. But we must help women make it happen. When we don't, acute and chronic illnesses increase and brain development is compromised. Health care costs increase and our entire community suffers the consequences."

Tabitha's new room is complete with rocking chair, sink, table and chairs for additional family members, a padded bench for changing baby or lying down while nursing. Educational materials have been supplied by La Leche League of Lincoln.

Lisa Kopecky, a registered dietitian, member of Breastfeeding: Healthy Kids 2010 and promoter of Tabitha's corporate lactation room, "It is our goal at Tabitha to make transitioning back to work desirable and manageable for new moms. By providing a space for moms to comfortably pump milk or nurse their babies we are creating a more inviting work environment."

Sara Furr, a La Leche League Leader and member of Breastfeeding: Healthy Kids 2010, explains, "Corporate lactation programs can be very short and sweet. Companies should value the health of children and the community as a whole. Employees are encouraged to breastfeed and when they return to work, they are assured appropriate, short breaks during the work day, and a private place to pump." Furr explains that the impact to the corporation is positive, as new mothers can then return to the work force knowing they are providing optimal nutrition, tailor-made for their infant. Companies have found there is less employee turnover and less absenteeism when mothers continue breastfeeding after a they return to work. It is a win-win situation for everyone.

For more information on Tabitha's program or corporate lactation programs in general, please contact Lisa Kopecky at 483-7671.

For more information about Breastfeeding: Healthy Kids 2010 please contact Ann Seacrest at 423-6402.

